



Sacred Blood Rituals, Spells & Magic

RESONANCE RITUAL





SACRED BLOOD RITUALS, SPELLS & MAGIC

Using menstrual blood for sacred rituals, spells and intentional magic...

A greater exploration of Blood Magic Rituals and how to honor and revere them for the sacred potency that they hold.

Cultures around the world have honored the sanctity of blood offerings and revered it as a powerful, if not necessary component of sustaining the cycles of life, death and rebirth.

In the esoteric mystery schools, your womb blood is ritualistically understood as a sacred sacrifice. During their fertile years, womb carriers have a powerful gift of being able to offer this sacrifice and engage in the art of sacred blood ritual each month.

Your blood is powerful. It is full of stem cells and carries the unique story of your DNA. Stem cells support your body's capacity for cellular regenerative capacity. Your menstrual blood also holds within it the blood of your ancestors. It is Shakti and Lifeforce Energy at its essence.

Your menstrual blood represents a powerful shedding, as it also holds within it what you have experienced, eaten, heard and spoken, as well as the behaviors and patterns you have taken part in during the preceding month. These are all released with each inner winter season of your cycle.

Through your menstrual shedding you have the opportunity to honor both life and death. Knowing this, you can determine your intention for what is ready to no longer be carried by you, and intentionally release it through a menstrual blood ritual. With clarity of vision, you can then take aligned action towards what it is you desire, as you emerge out of winter into the creative inner seasons of spring and summer that follow.

Blood is power, and with it comes responsibility. Through the shedding and offering of your blood, you create a portal. It is important that you be in mindfulness, clarity and a space of heartfelt intention when you are engaging in blood magic.



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When your blood is healthy, you can use it for healing, love spells, protection magic, offerings, clarifying and magnetizing your desires throughout the month. **Note that it is important to only use healthy and vibrant blood for the purpose of ritual and ceremony.**

Collecting and Preserving your Blood

Collect your menstrual blood in a vial or jar. You might also desire to use a menstrual cup to collect your blood.

Seal your fresh blood inside a small mason jar and place it in the fridge for ritual use throughout the month.

You can also dry your blood and create a powder. To do this, place a small plate with your blood on it in the fridge for a few hours. It will dry into flakes that you can then scrape off the plate and grind into a fine powder using a mortar and pestle.

Blood Alchemy Essence for Ritual, Spells & Magic

This sacred process is similar to that used in homeopathy, guided by the premise that the more you dilute something, the more powerful it becomes.

This essence is used when you want to make a blood offering and are not bleeding. You can also add a drop of this essence into other rituals in order to activate the spell or ritual.

You can take this internally when you want to tap into the source power that is the essence of your blood.



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How to Make A Blood Alchemy Essence

1. Gather fresh and healthy blood and place it inside a clean crystal goblet or vessel without any writing on it.
2. Place this crystal or glass vessel inside another larger vessel that has pure spring water in it.
3. Let this sit in the moonlight overnight and if possible place for a short time in the sunlight.
4. In the morning, remove the vessel holding your blood from the glass with spring water.
5. In a 2oz bottle
 - ▷ Pour ½ the energetically infused spring water into the bottle.
6. Add 9 drops of your blood into the spring water.
 - ▷ You can use the remaining fresh blood in any rituals outlined in this handout below.
7. Fill the rest of the bottle with brandy or vodka
 - ▷ This is your **Grandmother Essence** – Label your jar as so.
 - ▷ *From here you can offer the remaining spring water from the larger vessel to the Earth, giving thanks and sealing this in with your intention.*
8. Shake this bottle 108x by tapping it on the palm of your hand. *This is called succussion.*
9. You will repeat this process using a smaller bottle.



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10. In a clean 1 oz bottle

- ▷ Combine ½ alcohol and ½ fresh pure spring water
 - (not from the original blood alchemy vessel).
- ▷ Add 9 drops from your Grandmother Essence bottle into this one.
- ▷ Succuss again.
 - This is your **Mother Essence** – Label your jar as so.

11. Repeat this process one more time with a third ½ oz bottle

- ▷ Place 9 drops from the **1oz Mother Essence** into a blend of equal parts pure spring water and alcohol.
- ▷ Succuss again.
 - This is your Daughter Essence – Label your bottle as so.
- ▷ This bottle is your dosing bottle,
 - The one you will be working with in ritual.
- ▷ When needed, Repeat the same process:
 - Take 9 drops from the mother essence in ½ spring water and ½ alcohol.

RULE of thumb: Always use the grandmother essence to fill the mother essence and the mother essence to fill the daughter essence.

- ▷ Dry the left over blood to use in another ritual later on.

Facial Mask with Menstrual Blood

Use healthy and bright red menstrual blood as a face mask. Apply to other places on the body that need healing. *Brightens the skin*



Activate your Dreams

Place a drop of menstrual blood on your third eye. You can do this before bed to support clarity of vision and sight in your dreamtime.

Offering to the Earth

To offer your blood is to open a portal, and when you open a portal it is your responsibility to also close it.

You do not want unconscious portals being opened without clear intent and proper tending. Doing so can invite in chaos and unintended influences.

Proper tending includes...

- ✱ Clarifying intention: What are you offering through your blood?
- ✱ Asking permission before you offer your blood
- ✱ Being clear about who you are offering it to
- ✱ Cultivating gratitude and giving thanks
- ✱ Closing the portal with clear intention





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Protection Spell

Place the following ingredients in a small jar, adding either fresh or dried menstrual blood or your blood alchemy essence..

- * Yarrow
- * Rosemary
- * Garlic
- * Sea Salt
- * Menstrual Blood

Whisper your prayers for protection into the blend.

Light a small black tapered candle on top of the jar. When the candle goes out the spell is activated.



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Cord Cutting Ritual Spell

- * Add a few drops of your fresh blood or Blood Alchemy Essence on a long piece of string or natural cord.
- * As you do so, whisper the names of the people you want to cut cords with.
- * Rub your menstrual blood onto two small tapered candles. One candle represents you, and the other candle represents the other person. Choose colors that reflect what you are clearing.
- * Tie the natural cord or string around the candles, holding the intention throughout the whole ritual.
- * Place some black sea salt and dried rosemary around the base of the candles.
- * Light both candles, calling upon the spirit of fire.
- * Let them burn completely....
- * Take a cleansing bath or shower and picture the negative energy being cleared and healed.

Magnetizing a Lover

The menstrual cycle is reflected by the phases of the moon and the push and pull of the tides. This is what makes menstrual blood a powerful tool for attraction.

- * Write your intentions and desires for a partner or lover on a small piece of paper.
- * Blow 3 exhales into the jar, infusing the jar with your intentions as you breathe out.
- * Gather plants, herbs and salts that will support you in both clearing the blocks and beliefs standing in your way, and cultivating the energetic signature of your desired outcome.



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- * Place layers of your menstrual blood or Blood Alchemy Essence and the collected plants or salts into the jar. As you do so, hold your intention in your heart and blow this into each item you place into the jar.
- * Depending on how big your paper is, you can either place the paper into the jar or tie it with string around the outside of the jar. Continue to infuse this with your intentions and prayers.
- * When you're ready close the jar with a lid.
- * Choose a colored candle that holds the energy of your desired outcome OR choose the color of the energy of what you need to clear.
 - ▷ If you choose a candle for what you are clearing first, you need to then also burn a colored candle that holds the vibration of what your desired outcome
- * Light the candle, calling on the spirit of fire to support your intentions.
- * You may desire to speak your prayer out loud
- * Let the candle burn (minding the paper if you placed it on the outside of the jar).
 - ▷ If you feel called, you can interpret the way the wax burns.
- * If you're both releasing and calling in, burn your second candle after the first is completed.
- * Place on your altar, offer this up now...
- * Hold the energy of what you desire in your heart, continually tapping into the energetic signature of the outcome you desire.
- * Cultivate Gratitude in your heart and give thanks for all your helpers.
- * Trust....

So be it. So it is.



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Using Menstrual Blood To Empower Magical Tools And Objects

If you have ceremonial tools that you want to activate with life force energy, you can use your menstrual blood to activate your tools. This includes sex toys and tools for sex magic.

You may feel called to draw a symbol on these objects with your blood.

Place a drop of your essence onto the tools.

Sacred Blood Rituals, Spells & Magic Do's And Don'ts

- * When using your blood for ritual, spells and magic, make sure you are pure of heart in your intention.
- * If you have a disease which is transferred by blood you **MUST NOT** use menstrual blood to work magic on another.
- * If you are storing fresh menstrual blood, you **MUST** keep it in a fridge.
- * When you offer your blood in any way, make sure you have clarity of intention, knowing who you are offering to and for what purpose.
- * Ask permission. Give thanks. Close and seal any portal created with your blood.